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## Amendments to Claims

- 1. (Currently Amended) A structure for cooking or heating food, comprising:
- a) a nonwoven base layer comprising a polymeric material with glass transition temperature t<sub>g</sub> greater than 240 degrees Celsius or a melting temperature t<sub>m</sub> greater than 270 degrees Celsius, and
  - a layer of a microwaveable coating, the coating comprising:
    - i) a microwave interactive material of carbon and
    - ii) a binder comprising a silicate of a naturally occurring polymer or a derivative thereof.
- (Original) The structure of claim 1 wherein the base layer comprises nonwoven paper.
  - 3. (Original) The structure of claim 2 wherein the base layer comprises aramid.
- 4. (Original) The structure of claim 3 wherein the base layer comprises paraaramid.
- 5. (Original) The structure of claim 1 wherein the base layer comprises a spunlaced sheet.
  - 6. (Cancelled).
- 7. (Original) The structure of claim 1 wherein the layer of microwaveable coating is continuous.
- 8. (Original) The structure of claim 1 wherein the layer of microwaveable coating is discontinuous.
  - 9. (Currently Amended) A structure for cooking or heating food, comprising:
  - a) a nonwoven base layer comprising a polymeric material with glass transition temperature  $t_g$  greater than 240 degrees Celsius or a melting temperature  $t_m$  greater than 270 degrees Celsius, and

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- an intermediate layer comprising:
  a cellulosic polymer, or naturally occurring polymer which is not
  cellulosic, or derivative thereof;
- c) a layer of a microwaveable coating, the coating comprising;
  - i) a microwave interactive material of carbon and
- ii) a binder comprising a silicate or a naturally occurring polymer or a derivative thereof.
- 10. (Original) The structure of claim 9 wherein the base layer comprises nonwoven paper.
  - 11. (Original) The structure of claim 9 wherein the base layer comprises aramid.
- 12. (Original) The structure of claim 9 wherein the base layer comprises paraaramid.
- 13. (Original) The structure of claim 9 wherein the base layer comprises a spunlaced sheet.
  - 14. (Cancelled).
- 15. (Original) The structure of claim 9 wherein the layer of microwaveable coating is continuous.
- 16. (Original) The structure of claim 9 wherein the layer of microwaveable coating is discontinuous.
  - 17. (Cancelled).
  - 18. (New) The structure of claim 1 wherein the silicate is sodium silicate.
  - 19. (New) The structure of claim 9 wherein the structure is sodium silicate.